

# Shape Family Wellness Program

Name: \_\_\_\_\_

Wellness Coach: \_\_\_\_\_

## WELLNESS CHALLENGE MACRONUTRIENT SERIES: CARBOHYDRATES

Start Date: \_\_\_\_\_ End Date: \_\_\_\_\_

**Instructions:** Use the information on the back of this sheet to determine how many grams of carbohydrates (carbs) you should consume each day based on your caloric intake. **Make sure you circle your personal calorie and carb intake on Tables 1 & 2.** Your challenge is to eat within the recommended range of carbohydrates 5 days a week for 4 weeks. Keep track of the foods you eat containing carbs and add up your total carbs for the day in the space below.

My recommended caloric intake per day is: \_\_\_\_\_ calories

My recommended grams of carbohydrates per day is: \_\_\_\_\_ g

Su	M	Tu	W	Th	F	Sa
Total: _____ g	Total: _____ g	Total: _____ g	Total: _____ g	Total: _____ g	Total: _____ g	Total: _____ g
Total: _____ g	Total: _____ g	Total: _____ g	Total: _____ g	Total: _____ g	Total: _____ g	Total: _____ g
Total: _____ g	Total: _____ g	Total: _____ g	Total: _____ g	Total: _____ g	Total: _____ g	Total: _____ g
Total: _____ g	Total: _____ g	Total: _____ g	Total: _____ g	Total: _____ g	Total: _____ g	Total: _____ g

### Challenge Completion Summary:

On the days I achieved my goal I felt: \_\_\_\_\_

On the days I did not achieve my goal I felt: \_\_\_\_\_

# INFORMATION ON CARBOHYDRATES

## WHAT ARE CARBOHYDRATES (CARBS)?

Carbs are a biological molecule found in different foods. They are broken down in our bodies into sugars so we can use them for energy. Carbs are the number one energy source for our bodies.

## ARE THERE DIFFERENT TYPES OF CARBS?

Yes, there are two main types of carbohydrates:

- **Simple Carbs:** Absorbed directly by the body and broken down quickly. Also known as “bad carbs” or “empty calories.” Examples include candy bars and pop.
- **Complex Carbs:** Sometimes called “good carbs.” Typically comes from a plant-based source. Not broken down as fast by the body and therefore make us feel fuller longer. Examples include whole grains and veggies.

## CAN MY BODY TELL THE DIFFERENCE BETWEEN THE “GOOD” AND THE “BAD” CARBS?

No, your body cannot tell the difference between a simple “bad” carb and complex “good” carb—meaning they are processed in the same way. However, unlike simple carbs, complex carbs provide us with nutritional benefits. This is why choosing our carbs wisely is important!

## HOW DO I KNOW HOW MANY GRAMS OF CARBS SOMETHING HAS?

Total carbohydrate values are always listed on the food label of a product. Remember that fruits and vegetables also contain carbs. Make sure you also pay attention to serving sizes.

Nutrition Facts	
Serving Size Desserts with Benefits™ Healthy Pumpkin Pancakes, entire recipe	
Amount Per Serving	
<b>Calories</b> 370	Calories from Fat 100
%Daily Value*	
<b>Total Fat</b> 12g	<b>18%</b>
Saturated Fat 6g	<b>28%</b>
Trans Fat 0g	
<b>Cholesterol</b> 420mg	<b>140%</b>
<b>Sodium</b> 760mg	<b>32%</b>
<b>Total Carbohydrate</b> 27g	<b>9%</b>
Dietary Fiber 11g	<b>44%</b>
Sugars 5g	
<b>Protein</b> 31g	

The USDA’s 2010 Dietary Guidelines for Americans recommends that **45-65%** of our daily caloric intake comes from carbohydrates. Therefore, total grams of carbohydrates consumed is based on an individual’s recommended daily caloric intake, which varies based on gender, age, and daily activity level. See **Table 1** below to find your specific caloric intake recommendation and circle it.

**TABLE 1: ESTIMATED CALORIE NEEDS PER DAY**

Gender	Age	Sedentary	Moderately Active	Active
Female	14-18	1,800 calories	2,000 calories	2,400 calories
	19-30	1,800-2,000	2,000-2,200	2,200
	31-50	1,800	2,000	2,200
	51+	1,600	1,800	2,000-2,200
Male	14-18	2,000-2,400	2,400-2,800	2,800-3,200
	19-30	2,400-2,600	2,600-2,800	3,000
	31-50	2,200-2,400	2,400-2,600	2,800-3,000
	51+	2,000-2,200	2,200-2,400	2,400-2,800

## HOW MANY GRAMS OF CARBS SHOULD I EAT A DAY?

**1 gram of carbohydrates = 4 calories**

To figure out how many grams of carbs you should be consuming, figure out what 45-65% of your total caloric intake based on the table ( $0.45 \times \text{daily caloric intake} = \text{Value A}$ ;  $0.65 \times \text{daily caloric intake} = \text{Value B}$ ). This will give you the recommended range of calories from carbohydrates for your body. If you take the two numbers from your calculation and divide them by 4 ( $\text{Value A}/4$ ;  $\text{Value B}/4$ ) you will be left with the range of grams of carbohydrates recommended for your body and activity level!

**Table 2** below has the recommended range of grams of carbs based on common caloric consumption. Circle your personal recommended range of carb intake below.

**TABLE 2: RANGE OF CARBS (in grams) BASED ON CALORIE NEEDS PER DAY**

Calories	Grams of Carbohydrates	
	45%	65%
1,400	158 g	228 g
1,600	180	260
1,800	203	293
2,000	225	325
2,200	248	358
2,400	270	390
2,600	293	423
2,800	315	455
3,000	338	488
3,200	360	520

## WHAT TYPES OF FOODS ARE CARBS IN?

Carbs are in pretty much every food, including breads, cereals, milk, yogurt, legumes, fruits, vegetables, and the majority of “empty calorie” foods.

## WHAT ARE SOME QUALITY CARBOHYDRATE CHOICES I CAN MAKE?

- High fiber, whole grains
- Low-fat dairy products
- Fresh or frozen fruits and veggies

## COMMON FOODS & CARBOHYDRATE VALUES

¼ C. GRANOLA: 18g	MEDIUM APPLE: 20g	MEDIUM BANANA: 25g
1 PACKAGE OATMEAL: 30g	2 MEDIUM CARROTS: 10g	½ CUP GREEN BEANS: 7g
½ C. BROCCOLI: 5g	½ CUP CORN: 18g	EGGO WAFFLE: 17g
ENGLISH MUFFIN: 25g	PLAIN BAGEL: 45g	GATORADE (8OZ): 10g
2% MILK (8OZ): 12g	BEER (12OZ): 13g	COLA (12 OZ): 38g
1 C. WHITE COOKED PASTA: 35g	BAKED POTATO: 55g	FRUIT YOGURT: 40g
1 TBSP. HONEY: 15g	ICE CREAM: 40g	FAST FOOD BEAN BURITTO: 50g
	1 SLICE WHOLE GRAIN BREAD: 25g	

\*All information taken from the USDA’s Dietary Guidelines for Americans, 2010